

Ohio Swimming 2025 Long Course Junior Championships	
Qualifying Times	

GIRLS				BOYS		
13-14	11-12	10 & Under	Event	10 & Under	11-12	13-14
29.79	31.79	36.59	50 Free	37.19	32.29	28.09
1:04.59	1:10.09	1:23.59	100 Free	1:24.59	1:10.99	1:01.59
2:19.99	2:35.49	3:02.99	200 Free	3:06.89	2:36.19	2:14.79
5:02.99	5:30.79		400 Free		5:29.99	4:48.99
10:32.09			800 Free (qual time for 1500 Free)			10:04.89
20:34.89			1500 Free			19:26.79
	37.79	44.09	50 Back	43.99	38.49	
1:14.29	1:22.09	1:36.99	100 Back	1:37.99	1:22.09	1:11.29
2:39.99	2:53.29		200 Back		2:56.69	2:35.99
	43.59	52.49	50 Breast	52.69	44.39	
1:25.69	1:35.59	1:52.99	100 Breast	1:57.99	1:37.49	1:22.99
3:07.29	3:25.99		200 Breast		3:26.99	3:01.39
	35.29	43.29	50 Fly	44.29	36.99	
1:12.89	1:22.39	1:47.69	100 Fly	1:52.99	1:23.99	1:09.49
2:50.39	3:17.29		200 Fly		3:28.59	2:42.99
2:39.99	2:58.29	3:32.99	200 IM	3:34.99	2:58.99	2:31.29
5:43.99	6:27.99		400 IM		6:29.59	5:28.99
2:05.19	2:10.59	2:27.19	200 Free Relay	2:31.09	2:11.89	1:57.99
4:27.99	4:45.89		400 Free Relay		4:48.99	4:16.19
9:47.99			800 Free Relay			9:21.99
(See 400 MR)	2:30.59	2:56.49	200 Med Relay	2:58.89	2:33.09	(See 400 MR)
5:08.19	5:32.79		400 Med Relay		5:38.39	4:57.99
Approved April 2025						

Parallel Time Standards for Swimmers With a Disability - Ohio LSC (Equivalent to 2024-2028 "A" Standards)													
Para 1	Girls							Boys					
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	10&U P1		11-12 P1		13-14 P1		P1	10&U P1		11-12 P1		13-14 P1	
	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM
	1:37.29	1:36.49	1:28.79	1:27.49	1:24.59	1:24.09	50 FR	1:31.99	1:35.29	1:23.09	1:23.99	1:17.09	1:16.99
	3:25.99	3:34.59	3:04.39	3:12.29	2:55.49	3:02.29	100 FR	3:25.09	3:28.99	3:00.09	3:08.89	2:46.49	2:51.19
	7:46.99	7:49.29	6:54.09	7:35.29	6:31.49	6:34.69	200 FR	6:06.29	6:59.19	5:23.19	6:11.29	4:55.39	5:39.89
	1:50.49	1:50.29	1:39.89	1:40.99	1:33.59	1:32.29	50 BK	1:26.59	1:39.29	1:15.29	1:26.79	1:06.59	1:18.09
	3:34.59	3:57.19	3:24.99	3:32.59	3:10.09	3:12.79	100 BK	3:04.59	3:34.09	2:40.79	3:09.99	2:21.49	2:46.29
	1:49.19	2:04.49	1:36.09	1:48.89	1:32.09	1:44.59	50 BR	1:36.09	1:49.39	1:23.79	1:35.89	1:23.09	1:26.09
	5:21.59	6:12.49	4:42.39	5:22.99	4:21.19	5:01.29	100 BR	4:05.29	4:02.09	3:39.49	3:42.09	3:22.69	3:19.29
	1:59.29	2:19.99	1:50.79	2:05.49	1:47.59	2:00.19	50 FL	2:08.39	2:13.99	1:57.79	1:58.39	1:50.29	1:49.49
	3:23.29	n/a	3:00.99	n/a	3:00.99	n/a	75 IM	3:27.39	n/a	3:02.19	n/a	2:18.39	n/a
	4:36.79	n/a	4:06.49	n/a	4:06.49	n/a	100 IM	4:36.99	n/a	4:03.29	n/a	3:04.89	n/a
	7:15.09	7:35.49	6:30.69	6:46.99	6:04.89	6:20.89	150 IM	6:55.09	7:30.89	6:14.79	6:35.79	5:39.39	5:56.99
	9:41.79	10:20.39	8:42.49	9:14.39	7:54.39	8:38.79	200 IM	8:47.99	10:02.29	7:43.49	8:48.59	6:52.09	7:56.89
Parallel Time Standards for Swimmers With a Disability - Ohio LSC (Equivalent to 2024-2028 "A" Standards)													
Para 2	Girls							Boys					
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	10&U P2		11-12 P2		13-14 P2		P2	10&U P2		11-12 P2		13-14 P2	
	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM
	52.19	55.59	47.59	50.39	45.29	48.49	50 FR	47.59	50.99	42.99	45.89	40.29	42.89
	2:00.49	2:05.49	1:47.89	1:52.49	1:35.19	1:46.69	100 FR	1:50.59	1:56.49	1:37.09	1:42.29	1:30.69	1:33.59
	4:02.69	4:23.29	3:43.59	3:53.19	3:16.09	3:39.39	200 FR	3:50.09	4:10.59	3:22.89	3:41.99	3:08.99	3:23.19
	9:34.89	8:16.59	8:45.79	7:26.09	7:57.49	6:47.89	400/500	9:44.49	8:25.89	8:41.59	7:30.79	7:58.99	6:52.19
	n/a	n/a	19:04.29	17:21.39	17:58.79	16:10.29	800/1000	n/a	n/a	18:27.79	16:43.39	16:40.59	15:03.59
	n/a	n/a	34:54.79	36:17.29	32:57.29	34:00.49	1500/165	n/a	n/a	31:26.59	33:14.69	28:46.09	29:39.69
	1:01.59	1:05.99	55.79	59.29	50.89	55.29	50 BK	56.39	1:01.59	51.39	53.89	45.39	48.39
	2:33.09	2:55.99	2:15.79	2:37.79	2:02.59	2:23.09	100 BK	2:42.19	2:59.19	2:14.49	2:38.99	1:58.39	2:19.19
	n/a	n/a	4:35.19	5:18.99	4:14.99	4:56.29	200 BK	n/a	n/a	3:51.39	4:31.69	3:33.29	4:03.29
	1:16.59	1:27.29	1:07.39	1:16.39	1:04.59	1:13.29	50 BR	1:10.79	1:20.49	1:01.69	1:10.59	55.69	1:03.39
	2:40.49	3:02.19	2:31.99	2:37.99	2:07.79	2:27.39	100 BR	2:28.59	2:53.09	2:08.59	2:29.79	1:56.59	2:11.89
	n/a	n/a	5:44.69	6:36.99	5:20.29	6:09.39	200 BR	n/a	n/a	5:13.69	6:03.99	4:39.29	5:23.79
	1:12.69	1:10.99	1:02.09	1:01.09	52.39	58.59	50 FL	50.09	55.39	45.99	48.19	41.89	44.39
	2:57.09	3:21.49	2:28.29	2:49.89	2:15.59	2:33.79	100 FL	2:46.89	3:01.19	2:20.99	2:29.79	2:10.89	2:17.59
	2:24.19	n/a	2:08.39	n/a	2:08.39	n/a	100 IM	2:10.39	n/a	1:57.69	n/a	1:44.69	n/a
	4:54.69	5:23.19	4:27.19	4:48.79	4:09.49	4:30.29	200 IM	4:38.39	5:00.09	4:11.09	4:36.19	3:53.19	4:04.49
Parallel Time Standards for Swimmers With a Disability - Ohio LSC (Equivalent to 2024-2028 "A" Standards)													
Para 3	Girls							Boys					
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance	10&U P3		11-12 P3		13-14 P3		P3	10&U P3		11-12 P3		13-14 P3	
	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM
	40.89	45.69	37.39	41.49	35.59	39.89	50 FR	38.89	44.69	35.19	40.19	31.99	36.79
	1:39.59	1:43.69	1:29.19	1:32.99	1:17.09	1:28.09	100 FR	1:25.69	1:38.49	1:15.29	1:26.49	1:08.39	1:19.09
	4:01.19	4:09.69	3:32.09	3:41.19	3:02.29	3:28.09	200 FR	3:15.09	3:43.19	2:52.09	3:17.69	2:37.29	3:00.99
	8:40.89	7:52.39	7:51.89	7:04.39	7:25.29	6:37.49	400/500	8:13.79	7:28.69	7:20.69	6:39.89	6:44.69	6:05.59
	n/a	n/a	19:07.69	17:24.49	18:01.99	16:13.09	800/1000	n/a	n/a	17:13.39	14:51.39	15:33.39	13:22.79
	n/a	n/a	30:24.09	31:35.99	28:41.79	29:36.79	1500/165	n/a	n/a	29:59.19	28:49.39	27:26.19	25:42.89
	52.89	1:00.69	46.29	53.49	43.29	50.79	50 BK	48.69	55.79	42.39	48.89	37.49	43.89
	1:50.59	2:07.19	1:38.09	1:53.99	1:28.59	1:43.39	100 BK	1:41.99	1:58.29	1:28.79	1:44.99	1:18.19	1:31.89
	n/a	n/a	4:10.89	4:50.79	3:52.49	4:30.09	200 BK	n/a	n/a	3:24.09	3:59.59	3:02.59	3:34.49
	58.69	1:06.89	51.69	58.49	49.49	56.19	50 BR	58.29	1:06.29	50.79	58.19	45.89	52.19
	2:09.09	2:29.59	1:53.39	2:09.69	1:44.89	2:00.99	100 BR	2:02.89	2:23.09	1:46.39	2:03.89	1:33.59	1:49.09
	n/a	n/a	4:34.59	5:16.19	4:15.19	4:54.29	200 BR	n/a	n/a	4:29.09	5:12.19	3:59.49	4:37.69
	52.69	59.29	44.99	50.99	43.79	48.89	50 FL	44.79	50.49	38.79	43.89	35.29	39.69
	1:59.09	2:15.49	1:39.69	1:54.19	1:31.19	1:43.39	100 FL	1:45.29	2:00.09	1:26.49	1:39.19	1:15.39	1:25.99
	n/a	n/a	3:58.79	4:34.79	3:42.89	4:14.89	200 FL	n/a	n/a	4:09.39	4:49.29	3:41.39	4:13.69
	1:53.99	n/a	1:41.49	n/a	1:41.49	n/a	100 IM	1:40.79	n/a	1:28.49	n/a	1:15.39	n/a
	3:41.79	4:15.39	3:19.19	3:48.19	3:05.99	3:33.59	200 IM	3:35.19	4:05.39	3:08.89	3:35.39	2:47.89	3:14.39
	n/a	n/a	9:13.29	10:33.99	8:36.49	9:50.39	400 IM	n/a	n/a	7:33.59	8:46.89	6:46.29	7:49.99